

My values

(Original)

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The 24th of March 2020 plunged the United Kingdom into a lockdown. 3 months, 27 weeks, 192 days of living a life foreign to mankind. I was isolated from the everyday complexities of life where I was constrained by unwanted attachments to a materialistic world. Suddenly my life was decluttered, and I felt incomplete. I was lost on how to live but nonetheless, I had continued to look for my answer and soon enough it had arrived. The climb was steep and immensely tiring yet I was determined to reach the top of the mountain. When I had the sun had blinded me with its beauty. The sight was truly breath-taking, and I was filled with waves of powerful emotions that I had never felt before. How could such a raw and simple view be so beautiful?

The value of simplicity removes all attachment towards that which is unnecessary and focus on what is truly important, family, friends and nature. Living a simplistic life means we let go. Being able to let go allows us to move forward in our lives. In 2020, living my life by this value was what had drove me through the lock down. My previously filled schedule had cluttered my mind but living with simplicity had enabled me to take a moment to breathe. We are guilty of allowing our lives to pass by without actually living it. Embrace what is usually mundane and simply absorb the world around you, from the soaring birds to the refreshing trees and the heavenly skies.

My life of simplicity has provided me with enlightenment in who I was and unknowingly I had reclaimed my sense of self. I had come out of lock down as a wiser person who was finally able to create strong personal beliefs. The simplicity of just being alive as your own individual person was significantly better than the mundane and monotone robot that I had previously been living as. I knew what my true interests in life were and I had learned the true importance of thinking for oneself. Enlightenment in life's true wonders is what

simplicity allows us to do and it facilitates the foundation required for living a meaningful life on our limited time on earth.

Living by this value has brought new meaning to my life, and I had found out what the words 'I love you' truly conveyed. I was able to genuinely express my love for friends and family. I was able to display how much they mean to me.

Therefore, in my life of simplicity I had found freedom. The freedom to fly, the freedom to live.